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= Cycling =

—FOR—

Old

and

Young

BY ADELPHA.

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Price, Ten Cents.

INTRODUCTION.

It appears to me that by directing attention to model cyclists, of whom there are many in this City, and by criticising, from a kindly motive, those who are decidedly careless in their mode of cycling, I may help, just a little, to bring this new art to a higher standard, to the greater honor of woman.

CHAPTER I.

Notwithstanding the fact that a few have been injured by cycling and that those few and their particular friends denounce in strong terms the use of the wheel, the decided improvement in the health of those who cycle is very remarkable, and leading periodicals in all countries give statistics which prove that this athletic exercise is beneficial to both men and women.

Dr. E. B. Turner, in his articles "Cycling in Health and Disease" (British Medical Journal), says:

"As a means of cure the scope

of the cycle is much larger in functional than in organic derangements.

In whatever way functional derangement of the liver may show itself, bicycle exercise, as a remedy, surpasses even calomel.

Most of the ailments which are commonly called "bilious" are caused by too much food of a rich nature and too much drink of a sweet or alcoholic character, combined with far too little exercise in the open air.

The liver attempts to get rid of the superfluous materials thrown into the circulation, and being overworked rebels, and gout, rheumatism, gravel, dyspepsia, headache,

and constipation are the outward and visible signs of its inaction in those who live too well and lead a sedentary life.

The prescription of a bicycle, and the recommendation to use it wisely and well, works like a charm in such cases, and in all the symptomatic ailments which arise from too much acid in the system.

It is interesting to note that cycling sometimes has the effect of thinning the obese, and fattening the thin, and this may partly be explained by Murchison's observations that excessive leanness, as well as excessive corpulence, is often caused by inaction of the liver, and the

stimulus of regular exercise, setting the functions of the organ right, causes the disappearance of what was only a symptom.

CHAPTER II.

THE NERVOUS SYSTEM.

In cases of breakdown of the nervous system from overwork and anxiety, cycling will be found a most valuable adjunct to the rest which is necessary for recovery, and numerous brainworkers now consider a daily ride indispensable if their work is to remain at concert pitch.

In the anæmia of young girls, whether associated with constipa-

tion or not, steel in the form of the wheel is even more effectual than "drops" and the action of the flat muscles of the abdominal walls on the subjacent organs being much increased by the movements necessary to retain the balance and drive the machine, has a marked effect as an adjunct to other treatment in cases of obstinate constipation.

Within the experience of the writer many sufferers from sick headache, neuralgia and hysteria, both male and female, have reaped much benefit from regulated cycle riding, and many cases of so-called palpitation have been cured.

Lastly, insomnia has frequently been found to yield to the proper use of the bicycle when every other soporific had been defied, and many cases of persistent nocturnal cramp have been relieved.

It is necessary, however, again to warn every one who is not an experienced rider against the abuse of this fascinating exercise.

Though much good may be done in very many cases of inorganic ailment, it is possible also to do much harm.

The young and growing especially have need of caution.

The writer has seen several healthy young girls quite broken

down for a time by riding too far, and too fast while still unfit, from lack of practice, for any really hard exertion.

It behoves every physician who may have to recommend the cycle as a means of cure, or allow its use as an exercise and recreation, to put this matter clearly before those who ask his advice and make them thoroughly understand that though great good may be derived from the use, great harm may come from the abuse of what is, after all, only a new form of exercise.

The importance of this warning must excuse its repetition.

Another writer on the subject,

Dr. Gordon Stables, states that "cycling in conjunction with the cold morning tub, winter and summer, banished all his rheumatic aches and pains."

Let all sufferers, therefore, give this easy and agreeable cure a trial.

CHAPTER III.

GOOD CYCLING.

There are many who, when mounting the wheel, arrange the skirt so that the folds will be equal at both sides and not pulled too tightly under.

The girls who take this precaution of adjusting the skirt modestly and becomingly, are those whom we see

gliding on, apparently without an effort, the movement of the feet being scarcely perceptible. Such cyclists it is evident by their bearing, are endowed with tact, and intuitive good taste.

They have learnt that both the starting movement, and the effort required to keep up at a certain speed can be made quietly, and with perfect ease, without attracting to themselves unfavorable notice.

CHAPTER IV.

CARELESS CYCLISTS.

There are others who seem to fling themselves on their bicycle

without taking the necessary trouble of adjusting the skirt before starting.

Then they go wobbling off in a bold self-satisfied manner, which invariably provokes adverse criticism,

If those girls could hear the passing remarks made about them, it would probably do them a great deal of good. All unconsciously, they proceed by a plunging movement, and, owing to their wild and untutored way of using the pedals, the skirt flares out in all directions, giving the passers-by the impression that a violent windstorm has arisen, when, in reality, there is not a breeze stirring the air.

Now, these faults could very easi-

ly be corrected ; and, if those who feel that the above description applies to themselves will have the good sense to observe how the best cyclists ride, and then studiously imitate them, there will be none but good cyclists on the road. They ought also to be glad and willing to receive hints on the subject from brother or well-wisher.

CHAPTER V.

LADIES' COSTUME.

The first thing to be considered in selecting a costume, is to have it of a length and width which will secure safety from entanglement in, the chain and wheel, for, through

the long, and too ample skirt, many accidents have occurred.

It is, however, very desirable that the skirt should be no shorter than is absolutely necessary for safety.

This rule should be studiously followed by those who are of low stature, because the face of an adult, a long body, and a skirt as short as that of a child of ten, are a combination that will attract the eye of the caricaturist.

No clinging material should be used, and the front part of the skirt should be on a foundation of cha-mois fibre, or some such material, and the whole lined with silk, linen, or some glacé fabric, as this allows

greater freedom of movement and the effect is better.

When this precaution is not taken even the best riders appear to disadvantage, because the movement, which, at best, is not a graceful one, is undisguised.

The gaiters should be of the same color as the costume, and so should the hose, and of still more importance is it (especially for bad riders) to have the underskirts or knickerbockers of somewhat the same color as the outer skirt.

If the costume is gray, all should be gray, if black all should be black.

A navy blue costume, with the ordinary white cotton underskirts,

and tan gaiters is not, by any means, a suitable combination, yet it is one which is seen daily.

Such a variety of colors shows every defect in riding, whereas if the entire equipment harmonized in shade, many faults would escape notice.

Stockings, made in gaiter form with buttons down the side, are more comfortable, and less bulky.

The large sleeves sometimes become so distended with air that they quiver and tremble in a comical way, which gives the impression that the rider is suffering from the palsy or some nervous affection.

This defect can easily be reme-

died by unsewing about an inch of the seam at the back of the puff, and hemming down the edges. Or, a neat open button hole, made under the folds, or in the gathers, will have the desired effect. .

CHAPTER VI.

MEN'S COSTUME.

“ *Honi soit qui mal y pense.*” On looking over the plates representing ancient court dress, it will be seen that, when the knee-breeches fell loosely over the garter,—which was worn above the knee—the effect was very much better than in representations showing the same garment gored gradually and fitting closely

on the garter. This latter style is the one generally adopted by most cyclists, though the former would be much more becoming to a large proportion of men. The length and fullness of the knickerbockers should invariably be regulated by the style of leg possessed by the bicyclist, rather than by fashion.

For example, those who are the legal possessors of thick, pillar-like limbs, would appear to better advantage by wearing the garter above the knee with knickerbockers sufficiently loose to fall over the garter and just touch the knee-cap.

This style would also suit most admirably the owners of somewhat

muscular, and well shaped limbs, *i. e.*, those which are neither too solid, nor excessively slender.

On the contrary, he who is reluctantly forced to perambulate on this earth on a couple of spindle shanks would do well to select knickerbockers sufficiently full and long to fall below the kneel whether the garter is worn above it or not, because the longer the portion in view, the thinner it will appear. Try a few experiments and judge for yourselves whether this is the case or not. And, if it is, then never mind fashion. Wear what is most becoming and look your best. By your doing this, the fashion will soon change.

CHAPTER VII.

CYCLING AT MIDDLE AGE.

Is it suitable or becoming for men and women who are no longer young to begin cycling as they advance towards middle life, or when they have passed that stage?

Yes. No one should hesitate to mount the wheel who feels so inclined, as it is, in most instances, a health-giving exercise, when used in moderation and such persons are not at all likely to exceed the bounds of this virtue.

It is admitted to be a cure for many nervous affections, for habit-

ual depression of spirits, and many other infirmities due to a sedentary life, and close confinement in the house. Therefore, no one who is able to cycle should be debarred from it.

It will make the stiffening muscles more flexible, breathing the fresh, and sunny air will in itself dispel many threatening ailments.

Those whose bones are becoming too well covered,—as bones generally do after thirty,—will become thin by this exercise, and the thin will acquire a pleasing degree of plumpness.

The man who is weighed down by long years of work and anxiety

will shake off the load by adopting this pleasant and distracting exercise which will enable him, by a slight effort to breathe a purer air, and enjoy a little social intercourse which would not be thought of but for the handy and ever ready bicycle, and years will be added to his life. Yes, when a silvery haired veteran mounts a wheel he is to be commended rather than criticised. Moreover, perhaps the young men, eventually, will have the good sense to imitate their seniors, who sit erect when cycling, instead of bending over the bar to the great injury of the spine.

Many are the true and caustic

remarks made on the subject, here is one :

The Rev. Dr. Clyner, of Troy, N. Y., told wheelmen that they abused the wheel in the “ ungraceful, unnatural, ungodly stoop or bend of the body in driving the wheel.

What an unsightly thing is a human body cramped into the attitude of a prowling cat or crouching panther, preparing to leap upon its prey, mounted upon a beautiful bicycle. What an unnatural attitude is the ‘bicycle bend’ so called.”

Finally, if more of the middle aged class—whether fathers, moth-

ers or single people, would practise cycling they would be able to chaperon the young people in their excursions from home and the difficulty, which is giving rise to so much talk regarding the impropriety of allowing girls to go cycling without suitable guardians would be removed.

Tired brains, especially those that have been busy twenty or thirty years, and bodies that have daily bent over the desk during that long period, feel the effects of the strain and fatigue.

It is not that the mental powers have diminished, but, from the long hours of brain work, and close con-

finement, both brain and body become overtaxed and require relaxation.

If, after office hours all care and anxiety about business matters could be banished, and some kind of agreeable exercise in the open air indulged in, the clearness and activity of the brain would be restored, and the body would profit immensely.

But this the average professional man or merchant seldom thinks of. If alone their thoughts are generally engrossed with the business of the day, a pencil and paper is ever ready for calculations, or it may be that some question in newspaper or book is closely studied.

If surrounded by many--no matter how large the room--the air becomes vitiated, and the brain and body, under both these circumstances, is impaired instead of being refreshed and restored for the next day's labor.

And this continues for years. Is it any wonder that there are so many sudden deaths.

Men who ought to be in their prime become victims to apoplexy, a clot on the brain or heart failure.

CHAPTER VIII.

Now all these, and many other evils can be avoided by the judicious use of the bicycle.

In the first instance, no one will deny that it is an excellent means of obtaining plenty of fresh air as it is used out of doors.

No one starting out can tell whom he may meet, or what unexpected sight he may witness.

He cannot conveniently use pencil and paper to calculate.

If he should try to do this men-

tally the distractions on the road will soon prevent him and make all serious thought impossible.

The eye will be refreshed by the view of mountain or river.

A frendly visit which will cheer and revive will be paid.

The trip will be made more pleasant by the unexpected meeting with an old acquaintance on a wheel going in the same direction.

An easy, pleasant jaunt of this kind will refresh both mind and body ; those who are ageing fast will find that it will renew their youth,

like the eagle, and a vigorous old age will be attained.

The cases of heart failures and apoplexy will be few and far between, and only among those who fear, or disdain the wheel, and prefer remaining in close rooms, worrying over their business difficulties, nodding over the paper and inhaling the fumes of tobacco instead of pure invigorating air.

Let all who are advancing in years, especially those who turn the scale at two or three hundred

pounds not hesitate to avail themselves of this great invention which is not only beneficial but most delightful as well.

Nothing will so surely ease them of the burden they carry as this pleasant exercise.

Let them not heed the objections of their children, or grandchildren, but be independent of all.

Age, or unusual size ought not to debar any one from the pleasures and advantages of cycling.

CHAPTER IX.

CHAPERONS.

Is it well for young girls to go cycling far from home, to remote localities with a solitary escort, be that escort a friend of the family in every respect worthy of confidence, or the betrothed? This is a question which most parents, while possessing implicit confidence in the blamelessness of their daughters' comportment, and entire trust in the high principle of the escort, will

answer in the negative, because they must naturally shrink from allowing those who are so near and dear to be placed in such a position as to leave them open to censure, and within reach of suspicion, and the poisonous breath of calumny. Brothers, you who, perhaps, have heard the hard and contemptuous remarks made about many a girl who goes cycling with a young man, stopping to rest at the half-way house, will you not save your sisters from being subjected to such humiliating comment by being, yourselves, their pro-

tectors, or by emphatically insisting. as brothers know how to insist, upon their being accompanied by a proper chaperon? Very properly, the man who does not take the position of guardian to his sisters is considered devoid of spirit and true manliness of character.

Parents who perform this duty have the approval of those whose approbation is worth having, and what is of still more value, the approval of their own hearts. How different are the girls, both in mind and in manner, who are thus loving-

ly guarded by parents or brother. The very consciousness of being so cared for and shielded is elevating in itself to the girl who receives this protection. And surely the suitor asking the hand of such a girl, will feel that he is receiving a most precious treasure, and will instinctively bestow the same devoted care which the girl herself will look for and expect.

The practice of girls cycling to a distance, unchaperoned, is everywhere meeting with general disapproval, and is being most severely

condemned. A few paragraphs on the subject from a local paper may prove of interest.

“ In a quiet way the institution of the professional chaperon is growing up in New York. A woman may ride alone, with a footman mounted on a wheel following her at a respectful distance of, say one hundred feet.

She may ride under the manly guardianship of a district messenger boy chartered for an hour * * *
But the real chaperon, whose duties

are confined to the supervision of those most difficult of all transactions, the making, and acceptance or repulsion of courtship, must always be a lady, or some one who looks like a lady. The great democratic bicycle academies know no such person, but, about the more select riding resorts, within whose precincts a more select class of pupils are supposed to gather, it is possible to engage the services of competent, neatly-dressed women of middle age, in bicycle costume of the most irreproachable sort who go

as guardians to the young people whose mamma or aunt is too busy.

And this fact is respectfully submitted, by way of suggestion, to some of those people who are always hunting up new avenues of employment for women.”—*Montreal Star*.

CHAPTER X.

While on this subject it may be well to give the opinion of Miss Charlotte Smith, President of the American Women's Rescue League. This lady speaks in the most earnest manner of the danger of allowing

too much freedom to young girls in cycling, and deploras it as one of the greatest evils of the day. on account of the dangerous associations to which it leads, and asserts that this, more than any other medium, helps to swell the ranks of reckless girls in America.

No doubt Miss Smith has arrived at these conclusions from a careful investigation of facts, therefore she is quite right in "appealing to all true women and clergymen to aid in denouncing the evil."

The upper and middle classes who can easily provide chaperons for their daughters, can, by being particular on this point, bring a good influence to bear in this most serious matter.

It is scarcely to be wondered at that girls in the lower walks of life are allowed by their parents unlimited liberty in their cycling excursions, when the daughters of the well born, highly cultured and wealthy show them the example.

It seems a marvelous contradiction that the parents who would not

think of allowing their daughters to go to the theatre, a ball or a concert without a chaperon, permit these long, solitary cycling rides !

No doubt it is from want of thought, and surely the severe comments that are now being made will reach the ears of the unthinking and lead to a change of this practice, thus removing the principal objection to this delightful and healthy exercise.

CHAPTER XI.

CHILDREN CYCLING.

It is very certain that too much

cycling for young boys and girls, whose bones are not fully set, is injurious. For this reason parents should see that their children use the wheel in moderation while they are at the growing age.

Still more careful should they be about allowing their little sons to ride on bicycles intended for grown persons.

Almost daily I meet a little fellow apparently about eight years of age speeding along on a wheel intended for a man.

By hooking the left knee over the bar, and hanging on in that manner, he with difficulty succeeds in touch-

ing one of the pedals which he plies vigorously. One knee and hip being quite out of their natural position while he travels on. The flexible young bones, it is to be feared, will grow out of place and cause some deformity, if such one-legged riding be kept up.

This using of bicycles, intended for adults, is a very common practice with little boys, and their supple limbs are in danger of being injured by it.

CHAPTER XII.

AS INDICATING CHARACTER.

In conclusion, a paragraph from

The Hub will probably interest, and at the same time awaken observation, which is a very excellent faculty to cultivate.

“Every man retains the peculiarities of his gait on the bicycle.

If he limps in his walk, he limps on the wheel, emphasizing one stroke more than the other, and so on with quick walkers, and slow walkers, lazy or energetic people.

This might be carried further :—
Men who ride show their disposition as well.

The man who will have no respect for your feelings in his office will

run you down on the street ; the imperious man expects everyone to get out of his way.

The easy going, good-naturd fellow will turn out for everybody.

The reckless man runs into everybody, because he hasn't time to look out for them.

The neat, precise man rides upright and keeps his line with mathematical precision ; while the slouch is always shifting his seat, and wobbles all over the road. We have not heard of the professor who reads men's minds from the way they ride a wheel, but he soon will be on deck, and doubtless will hit as close as the palm reader, or any of the

clever people who can discover the inside of a man from his outside.

CHAPTER XIII.

In conclusion, as health is one of the greatest of blessings, and as this modern invention which is a never failing source of recreation, in most cases promotes health, all who are able should practise it, the healthy that they remain so, and the sickly and nervous that they may be restored to health.

During the fine autumn weather this exercise can be taken with very great advantage, and even during the winter months as there

will be many cycling academies where the uninitiated can learn, and be in readiness for the next season—which will not be long coming round—and those who are already expert will be able to practise in order not to lose the power they have already gained.

A perfect style of cycling will be acquired by careful attention and regular practise at an academy.

If cyclists began by taking a regular course of lessons from competent teachers, there would be much less awkward cycling seen in the public thoroughfares.

Two or three lessons are not sufficient.

Practise makes perfect, and this practise should be taken under the direction of a competent tutor.

And how fortunate are the tourists who know the art of cycling, for almost endless are their opportunities of visiting places of beauty and interest which those who travel by steamer or train must forego.

Do not the increasing accounts of those who have been around the world on a wheel prove this.

May the admirable wheel reign long and bring health and happiness to many.

THE END.

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